

# March 2019

**BCCS Pre-K**

## **Cooking: Mash, pour, measure, and more**

Invite your children into the kitchen to help you cook. They'll learn about healthy eating, cooking techniques, and meal planning.

### **Experiment away**

Fish-shaped crackers instead of croutons in salad? A mashed-potato and-pea parfait? Why not! Provide healthy ingredients, then step back and let your youngsters be creative. They'll become comfortable in the kitchen, and they'll be more likely to eat food they make themselves. *Idea:* Suggest that they write and illustrate their recipes on index cards.












### **Put on a show**

Pretend you're a famous chef on a cooking show and your children are the audience. Demonstrate how to use a salad spinner or a whisk. ("I'm putting the lid on this spinner. Now I'm rotating the handle, and voila! It spins the water out of the lettuce.") Then, let your youngsters take turns being the celebrity chef and explaining techniques.

### **Use teamwork**

Have each person pick a food group (vegetables, fruits, grains, protein, dairy) and choose an ingredient from that group. Then, work together to make a meal that incorporates everything. Say you pick sweet potato, apple, whole-wheat tortillas, black beans, and cheese. Perhaps you'll make sweet potato-bean-cheese enchiladas with a side of apple slices.

**From: Nutrition Nuggets, March 2019**

MON	TUE	WED	THU	FRI
 <b>MARCH 4-8</b>	 <b>BLAZERS</b>  Milk choices available daily.		<b>Chef Salads are served daily.</b>  All menus are subject to change	<b>1</b> Read Across America  Chili w/saltines Corn on Cob Baked Beans Fresh Fruit SS Choc Chip Cookie
<b>4</b> Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit	<b>5</b> Sweet N Sour Chicken Rice Squash/Onions Baby Carrots w/ranch Fresh Fruit	<b>6</b> Tacos w/chips/cheese Romaine/tomato Refried Beans Fresh Fruit	<b>7</b> BBQ on Bun Baked Beans Cole Slaw Fresh Fruit	<b>8</b> Pizza Baby Carrots w/Ranch Romaine Salad w/grape tomatoes Fresh Fruit SS Sugar Cookie
<b>11</b> Philly steak w/cheese sauce Baked Beans Sweet Potato Cole Slaw Fruit	<b>12</b> Chicken Nuggets Romaine Salad w/baby carrots Creamed Potatoes Fruit	<b>13</b> Roast w/roll/rice/gravy Italian Flat Beans Romaine/Sliced tomato Fruit	 <b>14</b> Spaghetti Romaine w/baby carrots Steamed Broccoli Fruit	<b>15</b> Fish Sandwich Romaine w/diced tomato Steamed carrots Fruit SS Candy M&M Cookie
<b>18</b> Steak Nuggets w/roll Sweet potato fries Green Beans Fresh Fruit	<b>19</b> Baked Chicken w/cornbread Creamed Potatoes Turnips/Mustard Fresh Fruit	<b>20</b> Beefy Mac w/roll Romaine Salad Steamed Carrots Fruit	<b>21</b> Turkey Salad Romaine/sliced tomato WK Corn Pickle Spear Fresh Fruit	
				

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